

East Windsor Parks and Recreation's  
2021



# Two-Ingredient Cream Cheese Pancakes

- 4 oz. cream cheese
- 4 eggs

Put the cream cheese and eggs into the blender. If you want any additional flavors, add them now.

Blend until smooth. Let the batter rest while the griddle heats.

Butter the hot skillet or griddle and start by pouring 1/8 cup or 2 T of the mixture onto the hot surface.

Cook them for just a couple of minutes on the first side, just until golden, and then carefully flip and cook for another minute or so on the other side.

Plate them then sprinkle with a topping of your choice.

Submitted by Cathy Crouch

# Best Asparagus Rollups Ever!

- Bunch of Asparagus
- Large Soft Tortillas
- Whipped Cream Cheese
- Roasted Red Peppers (jarred)
- Jalapeno Peppers (jarred)

Blanche asparagus and let cool.

Spread whipped cream cheese on a large soft tortilla.

Lay a few stalks of asparagus on top of the cream cheese near the end of the tortilla.

Add a few red roasted peppers and jalapeno pepper to the asparagus.

Roll the tortilla into a log.

Cut individual slices from the log and place on a platter. (The ends will probably not look good enough to put on the platter but they are good enough to eat!)

Chill and serve.

Submitted by Marylou Shefrin

# Crabmeat Casserole

gluten and dairy free

- 1 16 oz. can of claw crabmeat
- 1/2 green pepper, finely chopped
- 1 T. Worcestershire sauce
- Salt and pepper to taste
- 1 cup and 1/4 to 1/2 cup gluten free breadcrumbs or cooked white rice
- 1 cup mayonnaise

Preheat oven to 350.

Saute chopped green pepper in mayonnaise on medium heat together with Worcestershire sauce and salt and pepper.

When green pepper is tender, remove from heat and add crabmeat.

Start adding breadcrumbs or rice until you have the desired consistency. Mix thoroughly.

Place into a covered casserole dish and bake for 20-30 minutes.

(Best if made the day before so flavors can meld. Then microwave to heat up before serving.)

Submitted by Ceil Donahue

# Slow Cooker Corn and Jalapeno Dip

Simply throw everything in the crockpot for the easiest, most creamiest dip ever!

- 4 slices bacon, diced
- 3 (15.25 ounces) cans whole kernel corn, drained
- 2 jalapenos, seeded and diced
- ½ cup sour cream
- 1 cup shredded Pepper Jack cheese
- ¼ cup grated Parmesan cheese
- Kosher salt and freshly ground black pepper, to taste
- 8 ounces cream cheese, cubed
- 2 tablespoons chopped chives

Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.

Place corn, jalapenos, sour cream, Pepper Jack cheese and Parmesan into a slow cooker; season with salt and pepper, to taste. Stir until well combined. Top with cream cheese.

Cover and cook on low heat for 2 hours.

Uncover and stir until cream cheese is well combined. Cover and cook on high heat for an additional 15 minutes.

Serve immediately; garnished with bacon and chives, if desired.

Submitted by Samantha Charette

# Carrot Pineapple Jello Salad (Sunshine Salad)

Commonly known as Sunshine Jello, Carrot Pineapple Jello Salad is one vintage recipe worth making! Bright, refreshing, and surprisingly tasty, it's a perfect side for any holiday dinner or family gathering.

- 2 packages lemon flavored gelatin (3 oz. packages)
- 2 cups boiling water
- 1 cup ice water
- 8 ounces canned crushed pineapple with juice (DO NOT USE FRESH PINEAPPLE)
- 2 cups grated carrots
- 2 teaspoons lemon juice
- Pinch salt (optional)

In a large mixing bowl, mix 2 cups of boiling water into lemon gelatin. Stir constantly until gelatin has completely dissolved.

Add one cup of ice water and stir until ice has melted.

Stir in one small can of crushed pineapple (with juice) and lemon juice. You can move everything to your serving dish at this point, or wait until the next step.

Stir in grated carrots. Add a pinch of salt (optional).

Refrigerate 3 hours, or until set.

Submitted by Samantha Charette

# Coconut Chicken Strips

- Chicken tenders
- Egg
- Coconut

Pre-heat oven to 350.

Spray cookie sheet with non-stick cooking spray.

Dredge chicken strips in egg then roll in coconut.

Lay chicken out on cookie sheet and bake at 350 for 25 minutes.

Submitted by Kathy Dobosz

# Crunchy Baked Ranch Chicken

- 1 cup of mayonnaise
- 2 t. Hidden Valley Original Ranch Seasoning
- 3/4 cup unseasoned bread crumbs
- 4 boneless skinless chicken breast halves  
(4-5 oz. per piece)

Preheat oven to 400.

Line a rimmed baking sheet with parchment.

In a medium bowl, combine mayonnaise and seasoning mix until well-blended.

Place the breadcrumbs in a shallow bowl or plate.

Dip each breast in the mayonnaise mixture, turning on all sides until well-coated, shaking off any excess.

Lay the chicken in the breadcrumbs and turn until evenly coated.

Arrange chicken on the prepared baking sheet and bake approximately 25 minutes, or until an internal temperature of 165, or until juices run clear. (For chicken breasts weighing 6-8 oz., increase cooking time to 40-45 minutes.)

Submitted by Teresa Hill

# Original Girl Scout Cookies

The first cookie sale dates back to 1917, when the Mistletoe Troop in Muskogee, Oklahoma, baked cookies and sold them in a local high school cafeteria as part of a service project.

- 1 cup butter
- 1 cup sugar
- 2 T. milk
- 2 eggs, beaten
- 1 t. vanilla
- 2 cups flour
- 2 t. baking powder

Cream butter and sugar; add well-beaten eggs, then milk, flavoring, flour, and baking powder.

Roll thin and bake in quick oven. (Sprinkle sugar on top.)

## **Modern-day tips (not part of the original recipe):**

Refrigerate batter for at least one hour before rolling and cutting cookies. Bake in a quick oven (375°) for approximately 8 to 10 minutes or until the edges begin to brown. Makes six to seven dozen.

Submitted by Peg Hoffman

# Uncle Frank's Crumb Cake

Make crumbs first: mix thoroughly by hand:

- 2 cups flour
- 1 cup sugar
- 2 sticks butter
- 2 T. cinnamon

Batter:

Cream: 3 T. butter with  $\frac{1}{2}$  cup sugar

Add: 1 egg

1  $\frac{1}{2}$  cups flour

2 t. baking powder

$\frac{2}{3}$  cup of milk

Grease 9 x 13 pan. Spread out batter. Sprinkle with crumbs.

Bake at 375 for 20 minutes.

When cool, sprinkle with confectioners sugar.

Enjoy!

Submitted by Debbie Williams

# Cheesecake

- 2 8-oz. packages of cream cheese, softened
- 1 t. vanilla
- 2 eggs
- 3/4 cup sugar
- Graham cracker pie crust
- 1 can of strawberry or cherry pie filling

Preheat oven to 350.

Blend cream cheese, vanilla, eggs, and sugar together until smooth.

Pour into an unbaked graham cracker pie crust and bake for 45-50 minutes.

Let cool.

Add one can of pie filling and spread on top.

Store in the refrigerator.

Enjoy!

Submitted by Marie Francis